REPORT FROM THE EXECUTIVE DIRECTOR

Having completed my second year here at WSAC I am continuously impressed by the people who work here as staff and volunteers. Their commitment never falters. Truly, they are the heart of the agency and through their passion, professionalism and skills we can offer the highest quality services.

At our 2009 AGM our theme was to celebrate our staff through recognition for years of service and what each individual brings to the agency. The 2010 AGM will be celebrating our volunteers whom we rely upon for important work in the agency. Without the support of our volunteers, we would be unable to provide the level of services required to meet the demand.

The agency relies on the governance of our Board of Directors, all of whom bring their special skills and knowledge as community leaders who share their vision to promote the goals and vision of the Centre. The Board of Directors commit time to governance, fundraising, financial management, human resources, and policy development. Their commitment to the Centre is greatly appreciated.

We also have volunteers for our Sexual Assault Response Team who respond to emergencies after the Centre closes on week-days and weekends. The SART volunteers are on call on their free time and are often awakened in the middle of the night. They attend 50 hours of training and contract with the Centre to commit to being available to work shifts. Without these critical services that they provide, the Centre would not be able to offer 24 hour emergency care.

We also have administrative volunteers that work in the reception area of the Centre. These volunteers not only answer the telephones and greet people, but also complete a variety of ongoing tasks, including photocopying, receiving, handling supplies, shredding, and other tasks as assigned. This important work helps us with administrative cost, and frees staff time for other work.

In partnership with the local colleges and universities we also hire student interns to help us in a variety of ways. The students conduct research, work on special projects and provide counselling under the mentorship of a staff mentor. Not only does this give us the opportunity to have work completed that we would not normally have time for, it gives each intern front line experience that they could not receive in a classroom setting.

WSAC was nominated this year by the Victoria Foundation for the 2010 Community Leadership Award, which was presented at the Victoria Leadership Awards Ceremony in January. The recognition for services was shared by Board, staff and volunteers for the work done by the agency acknowledging the years of service provided by past and present employees and volunteers.

During the recession this past year we turned our strategic planning focus on fundraising, and, thanks to our community members, we were supported financially so that we could continue the important work here at the Centre. We received two grants that is available to conduct public presentations about the Centre. We also had our biggest and most successful Walk A Mile event this May. We cannot thank you all enough for your generosity and ac-knowledgement of the importance of addressing sexualized violence through our Centre so we can provide counselling and support services, crisis support, judicial support and prevention programs.

— Makenna Rielly, Executive Director

REPORT FROM THE BOARD OF DIRECTORS

The WSAC Board is a diverse group of dynamic, intelligent and compassionate women who bring many skills and perspectives to the centre. We all contribute in different ways, driven by our areas of expertise and through our passion for a Triad of Compassion, Walk a Mile in her Shoes, public speaking, and representing WSAC at community events. We are also active on committees that oversee the finances, human resources, Board recruitment, and the many committees of Board responsibility. Being a board member has helped all of us grow on a personal and professional level.

This year we focused on fundraising and awareness with the development of committees for Donor Relations, Public Ambassa- dor and Special Events as well as participating in Board/Staff work- groups that grew from our Strategic Plan. Strengthening and building new relationships in the community was also a priority this past year.

Victoria Foundation Leadership Award –

Being on the Board is a concrete and rewarding way to be part of our community. It means having a presence in the community and being part of the web of support for survivors of sexualized violence and the staff at the centre. It means being part of a dynamic, proactive and ethical organization. This year was especially rewarding with the recognition the centre received from the Victo- ria Leadership Awards. Sally and Kim were deeply honoured to ac- cept the Victoria Foundation Community Leadership Award on be- half of the staff and volunteers.

As a result of our initial Board recruitment campaign early in the year, we are happy to announce the addition of Jennifer Harri- son to our team. Jennifer is eager to apply her passion and energy to the work we do. We look forward to introducing her at the An- nual General Meeting in September where she will stand for elec- tion. We say goodbye to Michele Haddon who stepped down from the board last fall. We thank her for her contribution.

The Board devotes many hours to supporting WSAC and rec- ognizes the essential work the centre does in our community. We are proud of the successes enjoyed this year and look forward to what the next year brings.

Sincerely,

Allison Beasworth, Kimberly Brown (Co-Chair), Ann Evans, Heidi Exner, Natasha de Klerk (Secretary), Sally Gose (Co-Chair), Yvonne Hay, Elizabeth Morrison, Shannon Schaus, Kathe Shaw (Treasurer), Shelley Spring.

THANK YOU TO OUR FUNDERS & GRANT PROVIDERS

Direct Access to Gaming through the Province of BC - Project Respect & youth-focused counselor

Ministry of Public Safety & Solicitor General—STV & VS contracts

Pixel Sweatshop – Project Respect

Provincial Employees Community Services Fund – Crisis & Info Line and Workshops for Supporters – RBC Foundation – Project Respect

Sara Spencer Foundation – Furniture & Repair Shops

United Church of Canada Direct Access to Gaming through the Province of BC - Project Respect

Victoria Foundation: Hugh and Helen Mogensen Fund

Victoria Foundation – TIPs training program

Thrifty Foods – Smile Card Program • Walk BC – Walking to the Wilds Group

REMEMBERING EMILY ELLINGSEN

Emily died on February 19, 2010 after a long and courageous battle with cancer. She was a long time volunteer at WSAC. Emily stepped down from her position in 1999 as a Crisis Line volunteer. She was part of a team of women who carried a pager overnight or on the weekends to ensure that survivors of sexual- ized violence always had access to crisis support. At 21 years of age, Emily was competent in providing support to some of the most vulnerable people in our community. Emily upgraded her training and became a volunteer with the Sexual Assault Response Team, and soon became a paid auxiliary worker.

Emily left Victoria in 2002 to attend Medical School at McMaster University in Hamilton, Ontario. During the time she was away she always stayed in touch with the centre. When Emily moved back to Victoria in 2005, she returned as a volun- teer: this time as a Board member. She served as Board Co-Chair, as well as on the committees for Succession Planning, Hiring of the Executive Director and Human Resources. She re- signed from the Board in 2008, when her cancer returned.

Emily lived a life that was full on. She had a strong and loving marriage with Aaron, close and supportive relationships with friends and family, and a demanding Psychiatry Residency Pro- gram. Emily was absolutely loyal to the centre and gave so much of her precious time and energy to the WSAC. She brought her characteristic enthusiasm, positive attitude, sense of humour and compassion to the many and varied volunteer roles she had over the years at the centre. You could always count on Emily to step up when something needed to be done. She is dearly missed.

“Even though it was pretty apparent over the past few months that this was a battle that she probably wouldn’t win, Emily was the type of person where you just can’t imagine this world without her in it. Greater than her leaving though, the impact she has left behind for me is rooted in inspiration, courage, love and hope. I will always remember her voice both spoken and written, her smile and laughter, and am so thankful to have known her at least a little bit.” WSAC Staff Member

OUR DONORS

We rely on the generous financial support of the community to sustain our services. Thank you to all of our donors whose gifts make a difference in the lives of many. We extend special recognition to the following:

Jamie Alley, Barbara Allen, Barbara Armstrong, Laurel Bowman, Bruce Bryant-Scott, Lori Bulmer, Ronnie Campbell, Sheldon Cooper, Chris Eve, George Ferdinands, Fort St. Cyle, Frontrunners, Ellen Godfrey, Kathy Gose, Sally Gose, IBM Employees’ Charitable Fund, IODE Royal Bride Chapter, Island Acupuncture and Herb.

Don & Ruth James, Helen T. Lane, Louise Langais, Monika Ledeburska, The Macleod’s, Mil McDonald, Janine Mullert, Ernie and Annette Olson, Positive Living Centre, Annette Przygoda, Elisabeth Rieh, Adrian and Janet Rimmer, Royal Canadian Legion #91, Royal Oak Lions, Runners of Compassion, Sacred Heart Christian Charities, Eugene Sander, Stephen Scobie, Tracey Sinclair, Sisters of Saint Ann, Wendy Smith & Arlena Skagford, Swiftsure Drywall, Victoria Filmfestors Charitable Foundation, Jennifer Waut-Walters, Gordon Warrenchuk, Norma Wuester and Dr. Julian Young.

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United Church of Canada

Victoria Foundation: Hugh and Helen Mogensen Fund

Victoria Foundation – TIPs training program

Thrifty Foods – Smile Card Program • Walk BC – Walking to the Wilds Group

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Innovation in Groups for Healing

When a group of survivors come together to learn information and practice skills for building safety, communicating their needs and giving and receiving support in all its many forms, healing connections happen, both within and between survivors. While individual counselling provides focus and responds to each survivor’s unique experience and needs, groups are an integral part of our direct client services at WSAC, supporting survivors in furthering individual counselling goals. Here is a sample of our groups:

Skills for Healing is the first step we offer for survivors in a group format. This four-week group has a broad educational curriculum, focusing on developing further skills for responding to sexualized violence and abuse-related trauma and providing information about the impacts of sexualized violence on the whole self.

Boundaries and Communication focuses on the development of awareness of limits and needs, and practicing skills for communicating with others. This eight-week workshop has been very popular at the Centre since its maiden voyage in 2008, and we are planning to increase the offerings to four sessions over the next year to respond to client needs.

Sexual Safety Steps is a three-day workshop offered in partner with the VIHA Youth Auxiliary Community Treatment Services for women who have experienced trauma and addictions. The group builds safe and effective communication and exploration skills and trauma so that women may better understand their responses to sexualized violence, developing strategies for wellness.

Increment Training with the Saanich Police Department

In February and March 2010, our Victim Services team was invited to provide a series of four-hour training sessions. An enthusiastic participant in the Victoria PD and West Shore RCMP have expressed interest in similar training over the coming months. These are wonderful opportunities to share our knowledge and continue to build links with front-line officers.

Project Respect

Project Respect reached almost 2,000 youth through its workshops and presentations in 2009-10. We delivered 41 Respect workshops including 12 workshops on specialized topics by request. We were in school classrooms in all 3 school districts 62, 63 and 63, as well as youth-serving community organizations. We reached 1,092 young men and women who are directly involved in victimization education.

Conferences and Community - We collaborated extensively with community organizations in the greater Victoria area, including long-time partners such as the Anti-Violence Project, Artemis Place and the Victoria Youth Custody Services. Of our 17 community partners this year, newly formed relationships included Camosun College’s Peer Connections program and the South Island Pride Community Center Society. Based on Project Respect’s successful Social Action campaign led by youth participating in our annual Respect Revolution Campaign, the YWCA’s Project Respect program requested Project Respect to assist with their Social Action on girls’ empowerment. Other requests to facilitate or present in conferences included facilitating a discussion on sexualized violence after a screening of the movie “Precious” and presenting on primary prevention with other WSAC staff at the Ending Violence Association of BC annual conference.

Young Men’s Group - Project Respect worked with a group of young men at the Victoria Youth Custody Services on masculinity and violence through the Young Men’s Group curriculum this year. The young men were selected by staff at the Victoria Youth Custody Services and were enthusiastic participants in the group. We offered an abbreviated version of the curriculum and covered the topics of Masculinity, media influences, Consent, Sexualized Assault and Bystander Intervention.

“I am consciously being more aware of the code of men, and what that means to me, and how I can make the code work for everyone.” - participant from the Young Men’s Group

Project Respect helped the participants understand the power dynamics in custody创造和 walk and march within the Custody Center to further sexualized violence through the walk A Mile event.

We were fortunate to have the expert facilitation of Nishad Khanna who co-led the group with Billy Bingaman.

Funding Sources

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<thead>
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<th>Government Contracts</th>
<th>Direct Funding 10%</th>
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Expense Breakdown

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<th>Grants 20%</th>
<th>Admin 14%</th>
<th>Staffing 75%</th>
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Project Respect

Project Respect held its Respect Revolution Campaign at L Gambk Park High School in the Spring of 2010. Over the course of the ten week Campaign, we provided ten workshops on topics such as gender equality, consent, masculinity, sexism, sexualized violence, sexual assault, media, labels, racism, how to help a friend, homophobia, heterosexism, safer sex practices, sexual health and bystander intervention.

Impact - The young women expressed the deep impact they felt Project Respect had on them and their victimization.

“What Project Respect is doing is truly changing the world. Project Respect makes me realize and understand how such a taboo subject affects both me and my peers in ways I have never imagined before.”

“The workshops have given me knowledge and the feeling that I can do something positive. I am also learning so much about how to help others reach a better place through their example. Super impactful and positive!”

Social Action - The Responders (youth who graduated from the Respect Revolution Campaign) created and designed a Social Action in their school at the end of the 10 weeks. They engaged all the youth in the Leadership class at L Ambk through a series of presentations including myth-busting activities, storytelling and changing their day-to-day actions. They obtained commitments from their school peers to take various actions in their personal lives and at school to end sexualized violence. They reached 100 students in their school.

Youth volunteers who spent their time engaging their peers on preventing sexualized violence.

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Prevention Team

Unfortunately, Project Respect has been operating this year under a resource strain and the Prevention Team had to say a tearful good-bye to Annie Banks, Prevention Educator. Annie made an indelible mark on the program in her short time at the Women’s Sexual Assault Centre. We were fortunate to have the expert facilitation of Nishad Khanna who co-led the group with Billy Bingaman.

We would not have been able to deliver our programming without the expertise and enthusiasm of our practicum students: Jessica Blair, Paulina Hakkarainen and Tara Muro. Together they contributed 797 hours to Project Respect, and enriched the program and the youth lives served.

Project Respect continues to be staffed by Soumya Natarajan, Prevention Coordinator, and Billy Bingaman, Prevention Educator.

Walk a Mile

Thank you to everyone who supported the 4th annual 2010 Walk A Mile in Her Shoes event! We succeeded over our goal of 500 people, raised $36,000 in pledges, to top it off, an anonymous couple from Victoria gave an additional $28,000 as a matching gift. Special thanks to Team RBC for their sponsorship as well as their success as the top overall fundraising team. Mark your calendars for next year’s Walk on Saturday, May 14, 2011 – hope to see you there!

17 Years of Triathlon

We were proud to present the first ever “Emily Ellingsen Achievement Award” to Jules Wilson at the Triathlon of Compassion in July. In five years of participating in this event, Jules has raised over $15,000 for Project Respect. Thank you Jules! We are also very grateful for the support of Island Triathlon, Fort St. Cameron, Lake Cowichan, Front Runners and Runners of Compassion for organizing and sponsoring another fantastic event that welcomed 140 people and raised $13,500!